

Student Life



May 18, 2023

The Bear

Student Government hosts schoolwide Health Week, appreciates teachers, has lock-in with NHS

Health Week activities entertain and educate

Peyton Braddock
Co-Editor-in-Chief

The month of May is Mental Health Awareness Month. Student government specialized the first week of May (May 1-May 5) as Health Week. During the week, student government hosted many different activities for students and teachers and helped teach the student body the importance of health.

Student Government Adviser Abby Noelck said, "Mental health was definitely a big focus for health week this year. I am a firm believer that your physical health can be a huge contributor to your mental health. I know that exercising has a huge impact on my mood and general wellbeing."

On Monday, May 1, guest speaker Dottie Schley came to speak during IS to raise awareness about the "I'm Glad You Stayed" Project. During the assembly, Schley talked about the importance of mental health and prevention of suicide. Students were informed if they were struggling, or knew someone struggling,

that they can call the Suicide and Crisis Lifeline, 988.

On Tuesday, May 2, Noelck provided Zumba for the student body during IS. She said, "For many students at this point in their life, organized sports are their main form of exercise. However, most students won't have the opportunity to continue with organized sports past high school. Therefore, it's important to try lots of different activities until you find one that works for you for your long-term health. Group fitness is one of my favorite forms of exercise. It is not only a great workout, but is a social activity as well. I am always happy to share my zumba skills with students whenever I am asked so that they are exposed to a form of exercise they have never tried. Also, it's fun!"

Sophomore Josh Kroemer said, "Zumba was a ton of fun. It helped relieve stress, it was high energy, and it was fun to learn the different dance moves."

On Thursday, May 3, student government hosted a blood drive from 10:00 a.m.-3:00 p.m. Students had to be

17 years of age or older to participate in the blood drive or at least 16 years of age with parental consent.

Throughout April and May, students were able to sign up to donate blood in the office. The blood drive ended up having 13 donors of mostly students.

Overall, the total units of blood donated was 7 units. Noelck said, "The difference in the two is that 6 people presented were deferred for one reason or another. Sometimes it is low iron, sometimes it is a high pulse."

Junior Diego Carrillo gave blood. He said, "I wanted to see if there was a chance that I could save somebody's life. I want to help people in need, and I think that it is very important to donate blood if you are able to do so."

Friday, May 5 was the last day of Health Week. During IS, there was a CPR demonstration from Matt Hills, who is a specialized firefighter and first responder. The purpose of the CPR demonstration was to inform students on how to perform CPR, and how it is an important

and vital part in saving someone's life. Every minute the person doesn't get CPR, their chance of survival goes down to 10%.

Throughout the week, student government provided snacks from Hy-Vee that were located in the activity commons. The snacks that were provided included: water, apples, bananas, and chocolate chip cookies.

Student government also introduced the Green Bracelet Project. Students can attach a lime-green bracelet to their backpack or wrist to signify that they are a safe individual to talk to for mental health-related support. These people pledge to support the mental health of fellow students and peers and will help reduce stigma associated with mental illness. Students are able to take a lime-green bracelet from Noelck's room and can talk to her if they want more information about the Green Bracelet Project.



Sophomore Keaton Norfleet prepares himself to get his blood drawn. Photo by Brooklyn Nash.



Student Government Instructor Abby Noelck leads Zumba in IS during Health Week. Freshman Kennedy Simpson participates. Photos by Brooklyn Nash.



Students bond during lock in

Caitlyn Harrison
Staff Writer

Student Government and National Honors Society students and their supervisors do a lot for our school! They work together to make the school a better place for others and put on activities for all to enjoy. These students need to be able to work together well for these projects to work out.

On Friday, May 5, students involved in NHS and Student Government came together and had a lock in at the school. This lock in acted as a team bonding activity. It allowed students to have fun together and celebrate all of the things they have accomplished this year so far.

Students stayed overnight in the school, with the fun starting at 8:30 p.m. Some activities included: basketball, knockout, parachute games, school-wide hide and seek, Wii games, karaoke, and bags. Despite all of the fun activities that were set up, Freshman Class President, Lincoln Naber said his favorite activity was, "Just talking in a large group because there were people from different

ages that had similar and different experiences."

Freshman and Sophomores were encouraged to bring drinks, while Juniors and Seniors were encouraged to bring snacks. There were plenty of snacks and refreshments for all to share. Nina Torkelson said, "Someone brought chocolate cookies which were super good. It was nice to have some fuel for the all-nighter we pulled!"

Student Government supervisor, Abby Noelck, said "It was nice to see students branching out and talking to other students that I had never seen them talk to before. I also enjoyed watching the students play games like hide and seek and the parachute games, it was like they were little kids again."

The fun ended at 6 a.m. Some students headed home, while others had to go their large group band performance just 30 minutes later. This was a successful event for the two groups and students had a good time. Sophomore Class President, Josh Kroemer said, "It was a fun opportunity to grow closer with people that I don't normally talk to."

FFA members travel to state convention

Keaton Norfleet
Staff Writer

Fourteen FFA members traveled to the State FFA Convention on Sunday, April 16, and returned on Wednesday, April 19.

Max Lodge, Hannah Scheile, Cadence Hansen, and Harold competed in the State Team Ag Sales contest. The contest consisted of a group presentation, individual sales, and a 50-question general sales knowledge test. The team earned a silver rating for their efforts.

Gingerich and Neuberger participated in the Green Hand quiz, a 100-question quiz about general FFA knowledge. Neuberger earned a silver rating and Gingerich earned a gold rating.

Larkin Brown, Maddie Tygrett, Lexi Isabel, and Lillian Waters put together an entry for the Chapter Display contest. The group created a presentation about the Harvest Dinner, why it was important, and what its purpose was. The team received a gold rating.

Shortt was selected to sing in the State Chorus. The choir practiced and

performed two songs over the span of both days.

Harold was a Star Finalist in Agribusiness. He was recognized on stage for his outstanding records in his Supervised Agriculture Experience where he used his skills in welding to fabricate bucket racks for livestock show enthusiasts to haul their feeds between shows. Harold received his Iowa FFA Degree on stage shortly after.

Neuberger and L. Samuelson served as delegates for the business session. During the session, they voted regarding changes to member dues, approving the yearly program of activities, and the budget, as well as electing the 2023-2024 State Officers.

A. Samuelson participated in the annual FFA Flag Massing during the second general session. Hansen crosses the stage during the first general session to accept the Ambassador Program Bronze award on behalf of the Chapter.

Collegiate member and Alumni, Bower served her last days as an Iowa FFA State Officer. During the first session, she gave her retiring address entitled, "Searching for Confidence."

Student government gives back for Teacher Appreciation Week

Caitlyn Harrison
Staff Writer

Student government put together a week full of fun and surprises for the hardworking teachers and staff at WBHS. Teachers only receive a small budget for classroom supplies, so most things have come out of their own pocket. The committee wanted to treat the teachers this week, giving them lots of things that they have been needing or wanting this school year.

On Monday, May 8, teachers received nice markers for their classroom. Tuesday was walking taco day! The committee worked really hard to be able to get a taco bar from Mexico Lindo for the teachers and staff to enjoy. They also received tissues, which have been in high demand recently. On Wednesday, teachers received pens for their classroom. Thursday was thirsty Thursday! There was Starbucks coffee, Crystal Light packets for water, iced tea, and lots of different kinds of soda for the teachers to choose from. The week ended with fun

Friday! There were donuts available for teachers as a treat in the teachers lounge.

Almost everyday, included with their gift, the teachers received a note. These notes were to continually remind the teachers that here at WBHS we are thankful for them and all of their hard work. Some notes were written by students to give to a teacher or staff member explaining how they have helped them or gotten them through this school year.

There were only a few more weeks of school at the time of this week, so it was a good time to treat the staff and encourage them to finish the year strong. Misti Donovan said, "It's like a bright moment though every stressful day."

Committee member, Ashlynn Nash said, "I wanted to be in this committee because I wanted to contribute to designing the week. I want to make sure the teachers know that we appreciate them, and just make the week as enjoyable as possible. The teachers do so much for us, and we just want the week to represent our respect for them."

2023-2024 WBHS Student Government	
Seniors: <ul style="list-style-type: none">• Peyton Braddock (Class President)• Claire Jarrett• Maryam Martin• Olivia Naber• Ashlynn Nash• Caleb Pedersen• Maddie Reed• Madelyn Stout• Nina Torkelson	Juniors: <ul style="list-style-type: none">• Calvin Clemens• Keegan Hansen• Elliot Hinkhouse• Josh Kroemer (Class President)• Alyssa Pierce• Layla Samuelson• Will Tidrick• Jordan Waters• Nora Ziehr
Sophomores: <ul style="list-style-type: none">• Saylee Gingerich• Caitlyn Harrison• Lynden MacGillivray• Lincoln Naber (Class President)• Addi Schultes• Kennedy Simpson• Lexi Skay• Nolan Staker	Freshman: <ul style="list-style-type: none">• TBD next Friday